



NORTH DAKOTA FAMILY PLANNING PROGRAM PROTOCOLS - CONTRACEPTIVES

Extended Combined Contraception

DEFINITION	The prescribing of monophasic combined birth control pills or vaginal ring for the reduction or cessation of monthly periods. Not recommended with Transdermal Patch. Extended Combined Contraception is off label unless packaged as such.
SUBJECTIVE	May include: <ol style="list-style-type: none">1. H/A (headache) triggered by hormonal-withdrawal.2. Premenstrual symptomatology.3. Cyclic depression.4. Dysmenorrhea.5. Hx of endometriosis.6. Hygienic problem (example: developmentally delayed client).7. Indication for period reprieve (example: honeymoon week, travel, camping, or special event).8. Heavy withdrawal menses.9. Client preference
OBJECTIVE	Should include: <ol style="list-style-type: none">1. Complete physical exam including blood pressure per policy within 6-12 months.
LABORATORY	May include: <ol style="list-style-type: none">1. Lab work, per policy. (Combined Contraceptive protocol – Con 6-1)
ASSESSMENT	Extended combined contraception use.
PLAN	Should include: <ol style="list-style-type: none">1. Prescribe combined oral contraceptive pills or Vaginal Ring, including dosage, # of cycles, and directions for use.
CLIENT EDUCATION	<ol style="list-style-type: none">1. Reinforce contraception education, as appropriate. Advise client that breakthrough bleeding is common when doing this, and may improve with time.2. Reinforce safe sex education, if appropriate.3. Recommend client RTC as appropriate, annually, or prn for problems.4. ECP reviewed, as indicated
CONSULT / REFER TO MD	<ol style="list-style-type: none">1. Any client with prescribing precautions for combined contraceptives. See Precautions in the Provision of Combined Contraceptives CON 6-1.

Revised: ~~08/12; 05/14~~ 5/16

References:

1. Hatcher, R.A., Ziemann, A., et al. Managing Contraception. Tiger, Georgia. Bridging the Gap Foundation, 2015, pp113-118.
2. Hatcher, R.A., Trussell, J., et al (2011). Contraceptive Technology, 20th Revised Edition (pp 293-294). New York: Ardent Media, Inc.
3. Association of Reproductive Health Professionals (2008) What You Need to Know-Menstrual Suppression.
[http://www.arhp.org/uploadDocs/menstruationfactsheet.pdf#search=\"menstrual suppression\"](http://www.arhp.org/uploadDocs/menstruationfactsheet.pdf#search=\)